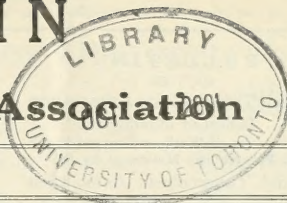


BULLETIN

OF THE

National Tuberculosis Association



Vol. V

OCTOBER, 1918

No. 1

More About the Cooperative Campaign

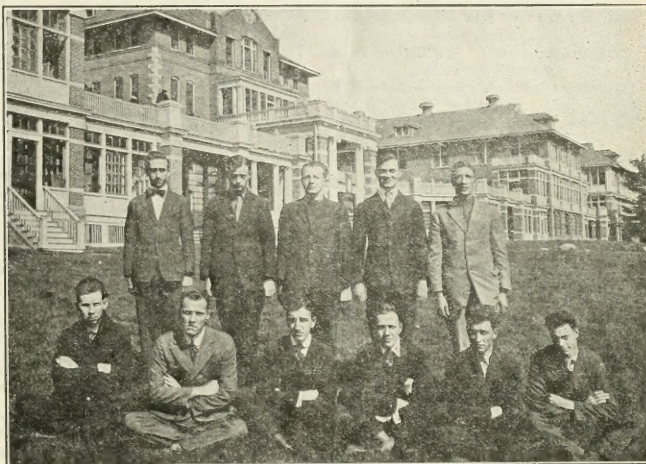
Complete arrangements with reference to the Christmas Co-operative Campaign with the Red Cross will be announced very soon. Meanwhile, it is possible to supplement the information given in the September BULLETIN to a certain extent. The following points of general interest should be noted by all tuberculosis workers:

1—The appropriation of \$2,500,000 will be made directly to the National Tuberculosis Association, and through the National Tuberculosis Association to the various state anti-tuberculosis associations. The National Association will not make appropriations to local associations, except in a few cases where independent Red Cross seal agencies have heretofore been carried on, as, for example, in New York City, Brooklyn and Pittsburgh.

2—The appropriations will be made quarterly to the various state organizations, the first allotment falling due on or about the first of January, and being for approximately two-fifths of the total allotment.

3—The state associations will have full discretionary powers with regard to the distribution of funds in their respective states. The state organizations will be under no restrictions, so far as the National Association is concerned, to give money to each and every agency which received support from the seal sale in 1917. This is a matter to be adjusted in accordance with the needs of each state.

4—While it is expected that each state will receive at least as much as the gross amount of its sale of seals in 1917, the exact amount to be allowed to each state for the support of its tuberculosis work can probably not be determined in advance of the Red Cross



COMING BACK!

Discharged tuberculous soldiers receiving treatment for incipient tuberculosis at New York State Sanitarium, Raybrook, N. Y.

The Tuberculosis Committee of the State Charities Aid Association, the Red Cross and the State Board of Health are cooperating to provide such men with adequate care and treatment.

This is the problem of the hour for anti-tuberculosis workers, to be kept in view in the Cooperative Campaign with the Red Cross Christmas Roll Call.

Christmas Roll Call, since a certain part of this allotment will depend upon the degree of participation of the states in the Roll Call, and also upon the budgets that have been submitted to the National Association and the American Red Cross. Further details with regard to this plan will be announced later.

5—The manner in which local and state anti-tuberculosis associations can cooperate in the Red Cross Christmas Roll Call will be explained in circular letters from the executive office to be issued at intervals between now and Christmas. In general, however, local and state anti-tuberculosis associations are not to be called upon to conduct

independent membership campaigns, but rather to cooperate with the Red Cross in their respective localities. The Roll Call will be organized through chapters of the Red Cross from the various division headquarters.

6—The chief method upon which the Red Cross will rely in securing members will be personal solicitation. There will be little or no effort to secure members by mail. The use of children in soliciting for members will not be allowed, although children may be used during the campaign in ways that do not require the handling of cash or the soliciting of money.

(Concluded on page 2, col. 1)

BULLETIN OF THE

National Tuberculosis Association

Published Monthly

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7.—The general policy of the campaign will be carried on through headquarters of the Red Cross at Washington. Local and state tuberculosis agencies, however, should stress their tuberculosis work as an appeal for support of the Red Cross as much as possible. It must be obvious that the Red Cross will appeal more to the general public because of its direct war work, but on the other hand, the appeal of home work will bring in many people who would not be influenced otherwise. This appeal should be emphasized at all times.

(For important correspondence, see page 8)

The Bulletin

This number begins a new volume of the BULLETIN. We have aimed to increase the attractiveness, readability and serviceability of this publication. To assist us in this purpose, please let us have your suggestions and constructive criticism, and tell us how we can make the BULLETIN more interesting and useful to you. Whether you are secretary of a state or local tuberculosis association, an organizer in the field, a nurse, or a worker of some other kind, we want to get your point of view.

Why Not Change Your Name—Now?

This is a time for cutting out dead wood and non-essentials, and going simply and directly to the point. Economy and conservation are the watchwords.

Such being the case, can anyone think of any good and sufficient reason why tuberculosis agencies which are still encumbered with lengthy and formidable titles should not simplify their names—and do it now?

The tuberculosis campaign has now been under way long enough and is generally enough understood so that, if an organization calls itself simply a tuberculosis association, most people will know that it is not devoted to the spread of tuberculosis, but to its prevention, relief, control, regulation and all the other objects that are now crammed into the titles in an attempt to tell the whole story at one swoop.

These encyclopedic titles consume good white paper, printer's ink, the typist's time and the reader's powers of absorption. Their chief merit is that they often cause a tolerant smile and inject a bit of humor into the situation.

The Draft and Service Here

In connection with the article, "Holding the Home Lines," which appeared in the August BULLETIN, with regard to the desirability of keeping in their present posts tuberculosis executives and others who are doing essential work, attention is called to the following quotation from a letter recently addressed by President Wilson to Henry P. Davison, Chairman of the Red Cross War Council, in relation to the increase of the draft age limits:

"I hope that the action we have taken in the matter of voluntary enlistments will help a little in the solution of the difficulties created for the American Red Cross by the probable extension of the draft ages. If the movement does the selecting it can select with a due regard to the interests of all services, whether within the Government or without, whereas if we permitted men liable to be drafted to rush in and apply for and obtain commissions there would be chaos indeed.

"As the American Red Cross is such an important auxiliary to our armed forces and is also extending relief not only to our people at home but to the peoples of the nations associated with us who are suffering as the result of the war, I hope that every man connected with the work, either at home or abroad, will have a full appreciation of its importance, and will if possible continue to render service, unless and until specifically called to other and clearly more important duty."

Press Service

In July a questionnaire regarding the Press Bulletins issued by the National Association was sent to all state secretaries, with a view to putting this press service on the most generally satisfactory and useful basis. Replies, most of which are very informing and helpful,

have now been received from the majority of the secretaries so addressed. A few who have not replied are urged to do so as soon as possible, so that the canvass may be completed. A careful study of the replies, suggestions and criticisms at hand is now being made. This matter will be taken up more in detail later, but it may be said now that in all probability the press service will be substantially modified in future.

A Federal Sanatorium

House Bill 12917, providing for the establishment of a federal sanatorium for the treatment of persons discharged from the military and naval forces of the United States, has been reported favorably from the Committee on Public Buildings and Grounds.

The bill authorizes the United States to acquire by gift a tract of land of 1000 acres or more near Dawson Springs, Kentucky, for the purpose of erecting a sanatorium for the treatment of persons discharged from the military and naval forces who are now or who may become beneficiaries of the United States Public Health Service under the War Risk Insurance act. The bill calls for a sanatorium of not less than 500 beds and authorizes an appropriation of \$1,500,000 for construction, and \$350,000 for operation and maintenance for the year ending June 30, 1920. It is urged by the committee that the bill become a law at once, so that construction may be started before the frost makes excavation impossible.

The Term "Rejected"

The article on men rejected and discharged which appeared in the September BULLETIN indicated some uncertainty as to the exact status of the drafted man from the date his orders direct him to appear for mobilization to the time he reaches camp, is examined and accepted for service. We are now informed that technically he is looked upon as a soldier from the moment of mobilization to acceptance in camp; that since he is subject to penalties for failure to obey the law, he ought therefore to share in any benefits of the law. Hence, if he meets with accident, or contracts an acute disease, or suffers reactivation of latent tuberculosis because of mobilization, he is entitled to a compensation from the Bureau of War Risk Insurance.

The term "rejected" used in reporting men returned from camp as a result of the special examination, is descriptive, and distinguishes these cases from those who are discharged after having been accepted at camp for service.

Draft Board Rulings

On the 27th day of September a letter was sent by the National Tuberculosis Association to the governors of the various states, calling attention to the failure of draft boards in most states to report to the health officials the names of men rejected because of tuberculosis. The replies thus far received indicate that there will be widespread positive action in bringing to the attention of the

examining boards their failure to observe the laws of their own states. In most cases it has not been because of unwillingness to cooperate but because the local boards believed that they were prohibited from so reporting by Section 11 of the Selective Service Regulations.

It is possible that after receiving directions from the governors of the states to report, some of these boards may still hesitate. Anti-tuberculosis agencies will in such cases be able to call to the attention of the local boards Section 11 of the new second edition of the Selective Service Regulations, form 999A, which has just been issued. Full explanatory notes now have been added to the Section. Note 7 states that "this section does not relieve examining physicians of their legal duty to report to local health authorities cases of communicable diseases which come under their notice, when such report is required by state law."

For nearly a year the Association has been laboring to have this clear interpretation of the regulations issued to examining boards, and its appearance in the new regulations is one of the most important current developments of the anti-tuberculosis movement.

Forty-one states have laws requiring that tuberculosis be reported to health officials. Such reports have been made continuously to state boards of health in California, North Carolina and Pennsylvania, and to a limited extent in a number of other states. If all examining boards of the country will report tuberculosis during the coming draft examinations, many thousands of hitherto unknown cases of tuberculosis will be discovered, giving splendid opportunity for further follow-up service.

It is also possible for state boards of health and other proper persons to get the names and addresses of those who have been rejected in previous examinations. The method is indicated in Note 3 of Section 11 of the Selective Service Regulations.

Those who desire to examine draft board records must present a letter of certification from the Surgeon-General of the U. S. Public Health Service or from the Medical Section of the Council of National Defense attesting their authority to do so.

Application for certification should be made either through the state anti-tuberculosis association or through the board of health. We are informed by Surgeon-General Blue of the U. S. Public Health Service that such letter of certification will ordinarily be issued to the board of health of the state, but in those cases where the state board of health has not the machinery for examining the records of local boards, or does not wish to act, the letter of certification will be issued to the secretary of the state anti-tuberculosis association. Furthermore, according to Surgeon-General Blue, either organization can delegate to proper local persons the actual work of examining the records. Anti-tuberculosis associations are urged to secure at once the addresses of all men heretofore rejected.

The Framingham Demonstration

No. 4: Examining 4473 Citizens

By Mary A. Abel, Educational Assistant

These monthly articles in the Framingham series began in July



One of the first questions invariably asked by people regarding the Framingham Demonstration, is "How many people have been examined and what was the method of procedure?"

A complete report on the methods employed and results obtained has just been issued from the offices of the Demonstration, and is the third of the Monograph series. The total number of men, women and children examined in two medical examination campaigns was 4473. A urinalysis was made in each instance. This medical examination was regarded as of prime importance for the following reasons:

Four Reasons

1. As a measure for obtaining an accurate cross section picture of illness in a supposedly normal group, with special reference, of course, to tuberculosis.
2. As a measure for obtaining an accurate figure on actual illness for comparison with health census findings regarding admitted or recognized illness, thereby furnishing a basis for a possible relative index.
3. As a means of securing figures regarding illness prevalence at the beginning of the Demonstration, for comparison with similar data at the end of the Demonstration.
4. As a practical means for discovering cases of tuberculosis.

Neighborhood committee groups on the block plan were developed and were asked to canvass their street or block to find families for examination. In addition to these committees, special nurses were assigned the task of canvassing in neighborhoods not covered by committee members. In this way the entire community was covered according to districts. Most of the examinations were done in the houses. In the homes a history was taken by the nurse accompanying the doctor, an examination made, a properly labelled urine bottle collected and an individual popularly-worded record sheet for medical examination, diagnosis, and treatment left with each person.

The Findings

Of the total number of persons examined, 77% or 3456 were recorded as ill. This figure includes the cases of tuberculosis. The remainder—1017—were normal.

The distribution of the 3456 physi-

cally abnormal individuals according to preventability of their ailments showed that 64% were suffering from affections which might be considered as directly preventable, and only 14% from conditions which were entirely non-preventable.

It was noted that the districts with best hygienic and economic conditions had the lowest sickness rates. The unhygienic, congested sections of foreign-born population had the highest disease rates.

In the two campaigns 96 cases of tuberculosis were discovered, giving a tuberculous rate of 2.16% for the total number examined.

An interesting and surprising fact brought out was that the section with the poorest hygienic conditions and most congested, but with a predominantly Italian race-stock, had the lowest rate of tuberculosis! This finding bears out previous statistical analysis, which indicates that the Italian race-stock in this country is exceptionally resistant to tuberculosis.

The canvass indicated that actual medical examination will discover about twelve times as much illness as is admitted by the people examined.

Results

To date there have been examined in Framingham between five and six thousand individuals through the machinery of the Health Station alone. It is expected that the major part of the entire population will be covered by the termination of the current year. It is believed that already, through consultation work and through special medical examination work, a very large percentage of the active as well as the arrested tuberculosis cases have been brought under supervision and advice.

The work now under way through the Health Station and the associated community agencies, aiming to reach the several age groups, should not only complete in the near future the medical picture for a normal American industrial community, and bring under treatment most if not all of the tuberculosis cases at large in the community, but should also place the medical examination machinery in the schools, factories, and elsewhere on a sufficiently permanent basis to make it, as an example to other American communities, a self-perpetuating mechanism.

NOTE.—Three monographs are now available at the Community Health Station, and may be had at the rate of five cents a copy. Mail orders should be addressed to the Community Health Station, Framingham, Mass. These monographs are as follows: No. 1, *The Program*; No. 2, *The Sickness Census*; No. 3, *Vital Statistics of Framingham*.

Suggestions from the Field

This department of the BULLETIN is designed to give brief information regarding anti-tuberculosis activities in different parts of the country. The items published are presumed to deal with new lines of work or new methods and to contain suggestions of general value. Tuberculosis workers are invited to send appropriate information to John Daniels, Publicity Secretary.

Directory Changes

Arkansas Public Health Association:—Mrs. C. L. Schafer, exec. sec'y, succeeding Miss Erle Chambers, previously acting exec. sec'y, and now field secretary. Indiana Society for the Prevention of Tuberculosis:—Miss Kate Wolverton, sec'y, succeeding Miss Ethel Roberts.

New York City Committee for the Prevention of Tuberculosis:—No sec'y at present, Frank H. Mann having resigned to enter military service.

Cincinnati Anti-Tuberculosis League: Anthony Mees, acting supt., in absence on leave of N. A. Nelson, who has gone to Italy.

Colorado Public Health Association:—John M. Kennedy, Jr., sec'y, succeeding S. Poulter Morris, resigned.

Idaho Letter Campaign

The Idaho association is trying out circular letters rather extensively as a means of arousing interest in the young but vigorous tuberculosis campaign in that state. The mayors of all cities have been thus favored, as have also most of the physicians, Red Cross chairmen of civilian relief, school principals and editors. It is apparent, therefore, that letter writing is not a defunct industry, as far as Idaho is concerned.

Minnesota Journal

Beginning September 5, the *Journal*, official organ of the Minnesota Public Health Association, became a weekly publication.

For the present, each number will contain two popularly written articles expanding a public health syllabus which the association has issued for the use of teachers. These articles, which are prepared in co-operation with the state department of education, will take up (a) germs and disease, (b) food and water, (c) air, and (d) medical inspection in schools. The articles will also be reprinted in pamphlet form for school use. Their purpose is to impress upon the grade school children the essential and salient facts regarding health.

The *Journal* will also publish each week an article dealing especially with tuberculosis, and another concerning child welfare.

Georgia Legislation

The Raoul Foundation of Georgia (now the division of tuberculosis of the state board of health) reports noteworthy legislative progress. Its efforts have resulted in placing the state sanatorium under the state board of health, which is expected to raise the standards of that hitherto detached institution; and also in the passage of an act providing for county and city tuberculosis hospitals. The appropriation for the

state board of health has been doubled, making it possible to put into actual operation the vital statistics law passed in 1914.

Organizing Louisiana

The Louisiana Anti-Tuberculosis League is devoting itself very largely at present to organizing branch councils in the counties (there called parishes) of the state. Such councils have now been formed in some fifteen counties, in accordance with a carefully worked out constitution, and have undertaken the distribution of special leaflets and placards. Under a new law recently adopted, the league is to have three representatives on the state tuberculosis commission.

Arkansas Advances

The Arkansas association is demonstrating what can be accomplished through co-operation, with limited direct use of funds. It has installed two general field workers who are doing broad educational work throughout the state, and two nurses who are spending a month in each county making health surveys. As a result, four counties have already provided public health nurses, and the growing demand in others appears likely to outrun the nursing supply. In Pulaski County the association is co-operating with the U. S. public health service, whose nurses do the association's visiting and report directly to its office. The Federal home demonstration agent is giving part of her time to instructing tuberculous families in food preparation. The state board of education has appointed the association's two field workers as instructors for the county teachers institutes, on the subjects of health and tuberculosis; one result of this arrangement being that the Modern Health Crusade has been organized in seven counties. By virtue of the membership in the executive committee of the secretary of the state board of health, close co-operation with that body is assured.

The president of the association, Dr. A. C. Shipp of Little Rock, is taking such a lively interest in the work that he recently made a trip East to study the best methods in use, and is now directing a free clinic.

Health First Reader

The Health First Reader, recently published by the Anti-Tuberculosis League of Kenton County, Covington, Ky., is a contribution to the cause of health promotion and disease prevention in childhood which has already made a distinct impression and which is bound to have a widely leavening influence.

The Reader is made up not of preachments or self-apparent lessons, or even

of simple prose, but of "public health rhymes" written by William S. Groom, secretary of the league, and illustrated by pictures in bright colors;—both rhymes and pictures being of a sort to interest children.

Here is a sample. The picture shows little Fred wrapped in a blanket before the fire, taking a hot foot-bath and looking exceedingly repentant. The verses below go thus:

"Fred has a cold in his chest and head,
His throat is sore and his nose is red;
Just hear him cough! Just hear him sneeze!

For he got wet up to his knees.

He can't go out and he's quite sad,
For he was a heedless little lad;
Had he changed his shoes that were soaked with rain
He need not have suffered all this pain."

The State of Kentucky is publishing an edition of 125,000 copies of the Reader. It has been adopted as a textbook in the schools of Cincinnati. Inquiries and commendation from many quarters are being received by the League. Sample copies, together with prices for quantity orders, may be obtained from Mr. Groom. A manual of suggestions for the Reader's use is also available.

Pennsylvania Year Book

The Year Book of the Pennsylvania Society, just received, is in many respects a model as an annual report and campaign document.

In the first place, its cover commands attention and arouses inquiry, for it is a reproduction of the French poster showing the German eagle pierced to the heart and falling to earth, with these words beneath: *L'aigle boche sera vaincu. La tuberculose doit l'être aussi.* Leaving the inscription in French (Translation: "The German eagle will be vanquished. Tuberculosis must also be overcome") wedges in an interrogation point which helps to open the mind of the "man in the street" to the booklet's contents.

There follow a brief outline presentation of the society's war program and permanent objects; a similar outline of organized methods of prevention; an "evaluation of the purposes" to which the funds of the society are applied; a more detailed state program; a summary of the state's present equipment for fighting tuberculosis; a list of the society's local branches, the membership roll and a financial statement.

As a campaign guide book, this publication should prove unusually valuable. As an appeal to the general public, the question arises as to whether the first impact of the cover might not well have been followed up by a few effective pic-

tures to break and illumine the closely packed text. In these busy days, the eyes are stepping stones to the mind.

Re-education Manual

The American Red Cross announces the publication of a manual on "Home Service and the Disabled Soldier," by Curtis E. Lakeman, assistant director-general of civilian relief. This should be of interest and value to tuberculosis workers in connection with the problem of discharged tuberculous soldiers.

Tuberculosis Forum

The *Illinois Arrow*, bulletin of the Illinois Tuberculosis Association, has established a department called a forum, in which questions relating in any way to the tuberculosis campaign in Illinois are answered. Good idea.

The Nursing Problem

In the article on "Emergency Nursing" in the August BULLETIN, an error was made in stating that the Minnesota Public Health Association was the first to organize a public health nursing course to meet war-time needs. The Wisconsin Anti-Tuberculosis Association began to conduct such courses two years ago, thereby showing admirable forerunnership. The Editor of the BULLETIN stands corrected on this point.

The August article also omitted mention of the course in public health nursing for graduate and senior nurses recently conducted by the Washington tuberculosis association, in co-operation with the University of Washington and various public health and social agencies of Seattle.

A new departure is being made this fall in Virginia, under the auspices of the Graduate Nurses Association, in the opening of three schools for "licensed attendants," at Richmond, Roanoke and Norfolk. Miss Agnes D. Randolph, secretary of the Virginia association, is to be an instructor in the Richmond school.

According to the announcement: "For the first half of the course work will be conducted on a dummy in the class room, but the latter half will be devoted to actual experience in the field under a supervisor. More than half of the young women who are planning to take the course are actuated by purely patriotic motives. They know that by the first of the year Virginia will have given more than half her nurses to the Red Cross and that the morale of the army will suffer if the boys are allowed to think that there is the slightest possibility of their loved ones at home receiving improper care.

"In that the nursing profession feels its obligation to look after all the sick public, the licensed attendant, who, after taking the intensive six months' course, will be supervised constantly by a registered graduate nurse who will visit each case at least twice a week, is the ideal solution of serving those people who do not wish either a hospital or nurse."

The American-Italian Unit

The American Red Cross, at the request of the Italian government, has sent to Italy a corps—so-called "unit"—of medical and lay workers to assist in the promotion of an organized campaign against tuberculosis in that country, with reference especially to the protection of children. The work of this unit is laid out in three divisions, the first centering about the establishment of clinics, the second concerning child welfare more specifically, and the third dealing with public health publicity and education.

Dr. William Charles White, medical director of the Tuberculosis League of Pittsburgh, heads the unit as director, and Dr. Robert H. Bishop, secretary of the Anti-Tuberculosis League and health commissioner of Cleveland, is assistant director. The personnel, which consists of some twenty-five or more members, includes Dr. John H. Lowman, president of the Cleveland League, and a former president of the National Association; Dr. Robert G. Paterson, secretary of the Ohio Society for the Prevention of Tuberculosis and head of the tuberculosis division of the Ohio health department; Seymour H. Stone, secretary of the Massachusetts Anti-Tuberculosis League; Dr. Gertrude Sturgis, secretary of the New York City Association of Tuberculosis Clinics; and N. A. Nelson, superintendent of the Cincinnati Anti-Tuberculosis League.

Schuylkill Child Conference

The first Child Helping Conference of Schuylkill Co., Penn., was held at Pottsville on September 28, under the auspices of the Anti-Tuberculosis Society of that county. In fostering this meeting, the society has put itself in line with the constantly widening tendency of tuberculosis agencies to take a more active part in the broad child welfare movement.

The program included an address by the mayor, talks on the Modern Health Crusade, the Junior Red Cross and the Girl Scouts, and the following more general addresses: "Why the War Has Made It Necessary to Save the Babies," by Dr. S. McC. Hamill, Chief of Division of Child Hygiene, State Department of Health, Penn.; "A Survey of Childhood and Youth in America," by Mrs. Frederic Schoff, Philadelphia, President of National Congress of Mothers and Parent-Teacher Associations; and "The Community and Its Children," outlining a year-round program of recreation for the children of a community, by Dr. C. F. Stimson, Director of War Camp Community Service, Washington, D. C.

Regarding the outcome of the conference, the secretary of the society writes: "It was a decided success. The addresses were exceptionally fine, bringing us many new ideas, and good suggestions regarding methods of work. The gathering was attended by representative people from twenty-two different towns of the county. We expect to carry on this conference each year."

Surgeon General Issues Health Rules

In connection most immediately with precautions against the spread of so-called "Spanish Influenza," but more generally in relation to the anti-tuberculosis campaign, unusual interest and importance attaches to the following rules for the avoidance of respiratory diseases which were issued by the Surgeon-General of the Army on September 21.

1. Avoid needless crowding—influenza is a crowd disease.
2. Smother your coughs and sneezes—others do not want the germs which you would throw away.
3. Your nose, not your mouth, was made to breathe through—get the habit.
4. Remember the three C's—a clean mouth, clean skin, and clean clothes.
5. Try to keep cool when you walk and warm when you ride and sleep.
6. Open the windows—always at

home at night; at the office when practicable.

7. Food will win the war if you give it a chance—help by choosing and chewing your food well.

8. Your fate may be in your own hands—wash your hands before eating.

9. Don't let the waste products of digestion accumulate—drink a glass of water on getting up.

10. Don't use a napkin, towel, spoon, fork, glass, or cup which has been used by another person and not washed.

11. Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your prisoner.

12. When the air is pure breathe all of it you can—breathe deeply.

Already anti-tuberculosis workers have begun to circulate these rules, which on account of their authorship may be used with wide effect. The Philadelphia committee of the Pennsylvania society has undertaken an organized campaign of publicity.

Story-Talk Prize

The prize in the 1918 contest for the health story-talk for Modern Health Crusade Day has been awarded to Harold W. Slocum, executive secretary of the Vermont Association for the Prevention of Tuberculosis. His story, "The Man Who Was Rejected," ingeniously elaborates the idea of the health chores as a wall protecting children from disease.

The second best story, "The Middle Child," was submitted by Mrs. Elizabeth Cowgill of Edmond, Oklahoma.

Child Welfare Material

In connection with present or possible future activities along lines of prevention of tuberculosis among children, tuberculosis agencies will find serviceable for reference the following list of organizations having child welfare exhibits or printed material, as published in *The Public Health Nurse* for September:

"Baby-Week Campaigns"—Federal Children's Bureau, Washington, D. C. (This booklet contains, among much other valuable and indispensable material, a list of state authorities furnishing special information.)
 Child Welfare Exhibits—Strong, A. L. (Children's Bureau).
 Routzahn—"A B C of Exhibit Planning" (Russell Sage Foundation), 130 E. 22nd St., New York.
 American Issue Pub. Co., 906 Broadway, New York.
 American Infant Mortality Assn., 1211 Cathedral St., Baltimore, Md.
 American Medical Assn., 535 N. Dearborn St., Chicago, Ill.
 American Red Cross Town and Country Nursing Service, Washington, D. C.
 Assn. for Improving the Condition of the Poor, 105 E. 22nd St., New York.
 Babies Welfare Assn., N. Y. City Dept. of Health, 139 Center St., New York.
 Child Federation, 1016 Witherspoon Bld., Philadelphia, Pa.
 Educational Exhibit Co., 28 Custom Hse. St., Providence, R. I.
 Hine Photo Co., Yonkers, N. Y.
 Nat'l Child Labor Committee, 105 E. 22nd St., New York.
 Nat'l Child Welfare Assn., 70 Fifth Ave., New York.
 Nat'l Commission for Mental Hygiene, 50 Union Square, New York.
 Nat'l Consumers' League, 106 E. 19th St., New York.
 Nat'l Committee for Prevention of Blindness, 130 E. 22nd St., New York.
 Nat'l Organization for Public Health Nursing, 156 Fifth Ave., New York.
 Public Service Exhibit Bureau, 123 W. Madison St., Chicago, Ill.
 Russell Sage Foundation, New York.
 U. S. Dept. of Agriculture, Office of Home Economics, State Relations, Washington, D. C.
 U. S. Food Administration, Washington, D. C.
 U. S. Public Health Service, Stereopticon Loan Library Service, Washington, D. C. (Refer to letters D. Q.)
 Woman's Home Companion, 381 Fourth Ave., New York.



Modern Health Crusaders Department



The subject for November is "Care of eyes, ears, skin and scalp; baths." Crusaders will better understand the reasons for the second and eleventh chores if the hygiene of the skin is thoroughly taken up at this meeting. A chapter of Winslow's "Healthy Living" (Chas. E. Merrill Co.) is devoted to this. Most physiologists contain something on the subject, and a profitable discussion can easily be planned, with the sub-topics of clothing, bathing, and care of the hair and nails.

"Care of Your Eyes" is the title of a pamphlet issued by the National Committee for the Prevention of Blindness which we will send free to any Crusade master applying.

The danger of germs working their way into the middle ear after a cold may be pointed out. Crusaders should know that pain or rumbling in the ears or discharge from the ears are warning signs, and indicate that a good physician should be consulted.

The "Keep Well" stories suitable for this meeting are "Two Little Windows" and "A Queer Case," touching the care of the eyes and skin respectively. "The Imps and the Children," one of the playlets, is appropriate for November, for two of the handicap imps are Weak Eyes and Can't Hear.

An interesting talk can be given on the scalp, its diseases and denizens and its proper care. Cleanliness is the prime requisite. A shampoo once a week is none too often for children who play outdoors, as every Crusader must. For the healthy scalp a mild soap composed of a good quality of the usual ingredients applied with an abundance of warm water followed by cool water makes the right shampoo.

Those who have not investigated the subject would be surprised to learn how prevalent nits or lice are in children's hair. Their horribleness as carriers of disease should be graphically brought out in the November meeting.

The following treatment of pediculitis is prescribed by the New York City Department of Health: Mix $\frac{1}{2}$ pint of sweet oil and $\frac{1}{2}$ pint of kerosene oil. Saturate the hair with the well-shaken mixture. Then wrap the head in a large bath towel or rubber cap so that the head is entirely covered from six to eight hours.

This treatment should be followed by a shampoo, which may also be taken separately, as a preventative: To two quarts of warm water and one teaspoon of sodium carbonate. Wet the hair with this solution and apply castile soap, rubbing the head thoroughly about ten minutes. Wash the soap out of the hair with repeated washing in clear warm water. Dry the hair thoroughly.

Dr. R. R. Reeder, recently returned

from standardizing the care of child refugees in France for the Red Cross, found that hot vinegar was the most effective scalp lotion against vermin. In accordance with the competitive principle which the Crusade follows in its progress of knighthood, Dr. Reeder hastened a cleanup by establishing four classes through which the children progressed. They were "bugs, many nits, few nits, clean."

Where American children are too cleanly to allow of this competition, the Crusade master still has a chance for a competition in the display of fingernails. The honors go to the children whose fingers are least "in mourning."

Notes and Pointers

Miss Elizabeth Ostrander, master of the pennant-winning league at Donora, Pa., has prepared an excellent constitution and program of proceedings which will be sent free to each league master sending a stamped envelope. The opening lines of the program indicate its general nature.

"Marshal or Captain calls the meeting to order by rapping slowly three times with gavel.

"Marshal or Captain now calls upon those named in list prepared by the Herald to answer the following questions. It is imperative that every Squire, Knight and Knight Banneret know the answers to all of those questions as the Herald will prepare a list calling for different ones to answer the questions at every meeting held.

"1. Marshal—Sir Knight Banneret (Knight or Squire) (name of pupil), what is the first duty of a Modern Health Crusader?"

"Answer—Marshal (or Captain), the first duty of a Modern Health Crusader is to keep the Crusaders' health rules until the end of 1918." (Additional dialogue in like vein.)

A league in Columbus, Ohio, conducts its meetings in a way to be emulated. At a recent meeting a committee of four was appointed to call on the health officers to offer the services of the Crusaders during clean-up week and a publicity committee then succeeded well in getting the work of the Crusade in the papers. A story was told to the children on "The Life of a Fly" and fly swatters were distributed. The Columbus league secures competent story tellers for its meetings. Squires, Knights and Knight Bannerets are duly decorated and dubbed. A competition contest has been held on the "ancient crusaders." In keeping with the chore of outdoor play, a kite-flying contest was arranged with strictly home-made kites. Girls were allowed the help of their fathers or brothers in making theirs. Parents were asked to be present and refreshments were provided.

Free Pamphlets

Since the last list of free pamphlets was published in the BULLETIN for September, 1917, the following have been added for free distribution on request.

Such free distribution, however, applies only to requests for single copies. For larger orders a small charge must be made. When ordering, give full title of pamphlet.

1. Lessons from Canada's War Experience with Tuberculosis; Capt. Jabez H. Elliott, M.B.
2. A War Tuberculosis Program for the Nation; Hermann Biggs, M.D.
3. A National Program for the Control of Tuberculosis; Executive Office of the National Tuberculosis Association.
4. Report of the Executive Office for the year ending April 30, 1917.
5. County Tuberculosis Problem; State Board of Health, Bureau of Tuberculosis, Sanatorium, N. C.
6. Some Problems of County Tuberculosis Hospitals; Otto R. Eichel, M.D.
7. Rural Nursing; Fannie F. Clement.
8. Tuberculosis Associations and Relief Agencies; Homer Folks, LL.D.
9. An Adequate Relief Program for Tuberculosis Cases; Boris D. Bogen.
10. Budget and Program; Arthur J. Strawson.
11. Framingham Monograph No. 1; (General Series) The Program.
12. Framingham Monograph No. 2; (Medical Series) The Sickness Survey.
13. Framingham Monograph No. 3; (Medical Series) Vital Statistics.
14. The Social Unit; Wilbur C. Phillips.
15. Standards of Diagnosis of Pulmonary Tuberculosis in Children.
16. Medical Examination of School Children in the Rural Districts; J. N. Hurty, M.D.
17. Standards of Diagnosis, Classification and Treatment of Tuberculosis in Children and Adults; Community Health and Tuberculosis Demonstration of the National Tuberculosis Association, Framingham, Mass. (The Diagnostic Standards Committee.)
18. What Constitutes a Diagnosis of Tuberculosis Sufficient for Rejection from the Army? Col. G. E. Bushnell, U. S. A.
19. The Public Health Nurse; by The National Organization for Public Health Nursing.
20. Are Sanatoria Worth While? Bernice W. Billings and John B. Hawes, 2nd, M.D.
21. A Staff Bureau of Tuberculosis Hospital Admissions and Discharges; Amy L. Merr.
22. Undergraduate Instruction in Tuberculosis; Allen K. Krause, M.D.
23. Medical Aspects of the Michigan Tuberculosis Survey; Victor E. Vaughan, Jr., M.D.
24. Publicity as a Means of Education and Support; Frederick D. Green.
25. Authoritative Books on Tuberculosis; National Tuberculosis Association (New Edition).
26. Mortality from Tuberculosis Among Wage Earners; 1911 to 1916, by Louis I. Dublin, Ph.D.

Pictures Wanted

Good pictures illustrating the most important lines of anti-tuberculosis work are wanted by the National Association, now and right along henceforth, for publicity use in the Red Cross Christmas Roll Call and in many other ways.

Tuberculosis agencies, as well as social workers in general, have as a rule neglected to obtain really good pictures in the natural course of their work, and thus to build up a reserve stock for service as opportunity offers. Yet it is recognized that pictures of the right kind can do wonders in enlisting public interest and support.

Most pictures on hand, however, are of the wrong kind—bare buildings or groups of people that all look much alike. The quality needed is distinction—something that catches the eye and arouses interest. First of all, the picture ought to be well posed. This does not mean that it has to be posed to order, with a self-conscious expression on the faces of the subjects. But at least it has to be caught right and if necessary actually posed right, so as to show detail or action and always human interest. Pictures of one or a few individuals are usually more effective than groups, though groups can be interesting if carefully arranged and of sufficient moment in themselves. Whatever the subject, the picture should if possible be taken by an experienced photographer who knows how to get effect, though if no such photographer is at hand, amateur snap-shots are far better than nothing at all.

If you have some good pictures already, the National Association would be glad to see them. If you have none, the Association advises you to have some taken and in future to keep up the supply. While such pictures should show various activities, the subject of most general and timely interest now is the work for men rejected or soldiers discharged on account of tuberculosis. With the pictures, supply brief "stories," with plenty of human interest.

Preventoria for Children

In a recent number of *The Vermonteer* appears an article entitled "Routing Mr. Bacillus," in which Harold W. Slocum, secretary of the Vermont Association for the Prevention of Tuberculosis, tells of the new preventorium for children which that association has now opened.

As the number of preventoria in the United States is still small and their function as yet none too well understood, this admirably simple and clear statement is of general value. Copies may be obtained from Mr. Slocum.

The establishment of the preventorium is based on the assumption that most tuberculous infection is incurred in childhood, as a result either of specific exposure, diseased tonsils, adenoids or teeth, or a generally sub-normal physical condition; such childhood infection, however, usually not becoming active till later in life. If, therefore, children who are physically below par can be protected and built up, the debit side of

the T.B. ledger can be substantially reduced.

"Aside from giving to these boys and girls an honest chance to grow up to healthy manhood and womanhood," Mr. Slocum concludes, "the preventorium will be a great economic saving to the state. It takes on an average six months to prevent tuberculosis and the job is generally complete; it takes as many years to cure tuberculosis and then the disease is often merely arrested and the patient must always be watchful. It is the hope of the association that the preventorium at Essex Center is but a beginning of this movement in Vermont. This institution will accommodate twelve children at a time the first year and the next year will be increased to double that capacity. If it can accomplish all that its founders hope, the time will not be long before there will be preventorium treatment for every boy and girl in need of it."

Work Among Indians

Exceedingly interesting is the following account, quoted from a letter written by the executive secretary of the California Association for the Study and Prevention of Tuberculosis, regarding the health and educational work undertaken by that association this summer among the Indians:

"In August, the state association opened a small clinic in one of the small towns in Fresno County where many Indians are brought in to pick grapes. With the cooperation of the tuberculosis committee, their county nurse was detailed at Clovis in the hospital and with the help of the third year students of the University of California dental school, who provided the equipment, they spent a month working with the Indians, particularly the children. The Raisin Society contributed the money for the expense of the dentists. The nurse and the dentists did a land office business and the whole thing was so successful that the Indian Commissioner set aside \$600 to be placed at the disposal of the state tuberculosis association to continue similar work in the northern part of the state. The state association is paying the expenses of the nurse and the Department of the Interior the salary for a six-months' demonstration. There are no roads in this particular locality where the nurse will work. All of the visits must be made on horseback over trails. This public health work will be done with the emphasis laid on tuberculosis. By the time it is finished we hope to have permanent Indian workers in the state. Already two of the graduates of the Phoenix School have entered tuberculosis sanatoria as tuberculosis nurses hoping to do some public health work as soon as they finish. Arrangements have been made with the director of the Junior Red Cross of the Pacific Division to place a field worker, to work in conjunction with the state association in organizing the Modern Health Crusade among the Indians throughout the state."

Sectional Conferences Called Off

As the BULLETIN goes to press, it has been found necessary on account of the spread of so-called Spanish Influenza to call off the Southern, North Atlantic and New England Conferences, which were scheduled, respectively, to take place at Birmingham, Ala., Oct. 11-12; Pitts-

burgh, Pa., Oct. 17-18; and Providence, R. I., Oct. 25-26. This action was of course taken with great regret, and either upon the advice of officers of the conference or at the definite request of the local health authorities.

Whether these conferences will be

held after the epidemic has passed will be decided later.

Accounts of the Northwestern, Southwestern and Mississippi Valley conferences, all of which were very successful, will appear in the next issue of the BULLETIN.

Campaign Correspondence with Red Cross

As supplementing the statement on the first page of the BULLETIN, and as indicating the spirit which animates the co-operative campaign which has been undertaken, the following correspondence which has passed between the War Council of the Red Cross and the National Tuberculosis Association will be of interest to tuberculosis workers throughout the country:

Mr. Davison's Letter, August 30, 1918.

"I take great pleasure in setting forth below the resolution passed by the War Council at its meeting held on August 27, 1918, in relation to the support of the anti-tuberculosis work of your association and allied associations for the year 1919.

The Chairman stated that conferences had been had with the National Tuberculosis Association relative to the advisability, as a war measure, of an appropriation by the War Council to the National Tuberculosis Association, in lieu of the support usually derived from the sale of Red Cross Christmas seals; that the Executive Committee of the Medical Advisory Committee, at a conference on August 8, 1918, with representatives of the National Tuberculosis Association, had unanimously voted to recommend that the War Council make such an appropriation.

The Chairman further stated that members of the War Council had examined reports of past expenditures and budgets of future expenditures (D. R., p. 1416) submitted by the National Tuberculosis Association; that Dr. Charles J. Hatfield, Managing Director of the Association, had stated that although the budget for anti-tuberculosis work during 1919 amounted to approximately \$2,800,000, the Association, realizing the many demands being made on Red Cross funds, had decided upon the sum of \$2,500,000 as the amount it would be justified in asking, and that upon the consideration thereof it was believed that this was a reasonable estimate of the expense involved, if the National Tuberculosis Association were relieved of the usual expense incident to the sale of Christmas seals. Whereupon it was, on motion,

Voted: That from the Red Cross War Fund the sum of two million, five hundred thousand dollars (\$2,500,000) be, and is hereby, appropriated to

be paid to the National Tuberculosis Association to meet the expenses of anti-tuberculosis work conducted by the National Tuberculosis Association and allied associations in the United States in the calendar year 1919, it being understood that the usual Red Cross Christmas seal campaign will be omitted in 1918.

We are deeply sensible of the special importance at this time of all health work and particularly of the effort put forth in the prevention and cure of tuberculosis and in the education of the public in regard thereto.

The action of the War Council is prompted by the sincere desire to insure, so far as may be, the maintenance and development of your work during the coming year, rather than to have its support contingent upon the usual sale of Christmas seals at a time when, however worthy the cause, the country is being asked to consider so many important appeals to its sympathies and resources.

We are entering into this arrangement as a war-time measure and specifically for the year 1919. We can in good time consider what will be best in succeeding years.

In our Christmas Roll Call for universal membership in the Red Cross, which we expect to have at the Christmas season, it is our intention, with your help, to call the country's attention to the importance of your work and to award a number of Christmas seals at the Christmas season.

We shall advise our local Red Cross chapters that in the conduct of the Christmas Roll Call they may count on the cooperation of your local associations in making the campaign a success. With this cooperation we are sure that the campaign will be a memorable one.

I hope that I may hear from you that the arrangement proposed is entirely satisfactory, and with best wishes I am,

Sincerely yours,

(Signed) H. P. DAVISON,
Chairman, Red Cross War Council."

Dr. Hatfield's Reply, September 10, 1918.

"I beg to acknowledge receipt of your letter of August 30th and note that the War Council has appropriated the sum of \$2,500,000 to be paid to the National Tuberculosis Association to meet the expenses of anti-tuberculosis work conducted by the National Tuberculosis Association and affiliated associations in the United States during the calendar

year 1919, it being understood that the usual Red Cross Christmas Seal campaign will be omitted in 1918.' I note also that this appropriation is made because of the sincere desire on the part of the Red Cross to insure so far as may be the maintenance and development of the tuberculosis work during the coming year; also that this arrangement is a war-time measure and is specifically for the year 1919. I am authorized by the Executive Committee of the National Tuberculosis Association to state that the arrangement as outlined in your letter is entirely satisfactory.

The importance of work for the prevention of tuberculosis, especially in war time, is easily shown by our experiences during our first year in the conflict. At least one per cent. of all men who come before the draft boards for examination are exempted because of the presence of tuberculosis. This means thousands of individuals who must be taught and cared for. Of the men who have been sent by draft boards to camps and cantonments, already more than 16,000 have been returned to their homes because of tuberculosis. They and their families must be sought out and taken care of. All of this work must be done by civilian agencies. In view of these facts, we believe that the War Council, by the action outlined in your letter, has taken a step of even greater importance than the organization of the splendid Red Cross work for sufferers from tuberculosis in France and Italy. By energetic action we shall certainly avoid the terrible ravages brought upon some of the European countries by tuberculosis in time of war.

The National Association and its affiliated organizations will throw themselves energetically into the Red Cross Christmas Roll Call, especially as this year the appeal for Red Cross memberships is joined with our usual Christmas Educational Tuberculosis Campaign. As our affiliated agencies include an effective state organization with many local branches in every state of the Union, I believe the joint campaign will meet with unprecedented success. All tuberculosis workers will feel the stimulus of this recognition of the importance of their work in war-time. Every man and woman in the country who is not in active service must be induced to enroll in the Red Cross.

Believe me, Sincerely yours,
CHARLES J. HATFIELD,
Managing Director.

